



COOKING DEMO

Brussels Sprout Stir Fry

Brussels sprouts have somewhat of a bad reputation, but they deserve a second chance. The trick – don't boil them to death! This recipe lightly sautés them to keep them crisp and delicious.

Estimated cost per recipe: \$5.94 • Estimated cost per serving: \$1.49

Yield:
4 servings
Serving Size:
1½ cups

Ingredients:

1lb bag, approximately 20 Brussels sprouts, washed, trimmed, and halved
4 green onions, chopped
2 tbsp. grated fresh ginger
1 cup shredded carrots
1 medium red bell pepper, seeded and chopped fine

1 tbsp. cornstarch
3 tbsp. low sodium soy sauce
2 tbsp. rice vinegar
¼ cup water
2 tbsp. unrefined coconut oil

Directions:

1. Combine the cornstarch, soy sauce, rice vinegar, and water in a small bowl with a whisk. Mix and set aside.
2. Heat the skillet and add one tablespoon of coconut oil. Add the Brussels sprouts and cook for 5 minutes (toss to prevent burning). Place the sprouts in a separate bowl and set aside.
3. Heat the remaining oil and cook the ginger, green onions, carrots, and red pepper. Cook until vegetables are tender.
4. Add the sprouts and stir well.
5. Pour the sauce mixture over the vegetables.
6. Cook for a final 2-3 minutes. Stir constantly as mixture will thicken from the cornstarch.

Nutrition Information:

Calories: 200 • Total Fat: 8 g (Saturated Fat: 6 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Trans Fat: 0 g) • Cholesterol: 0 mg • Sodium: 536 mg
• Potassium: 852 mg • Total Carbohydrate: 28 g (Dietary Fiber: 8 g, Sugars: 12 g) • Protein: 8 g



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Recipe from: <http://inpursuitofmore.com/2013/04/29/recipe-10-minute-brussels-sprout-tempeh-stir-fry/>
Modifications by: Abigail Kurowski, MS, RDN, LDN

Brussels sprouts look like baby cabbages because they are part of the same family. With cabbages, we eat the head that grows out of the ground. Brussels sprouts, on the other hand, are buds that grow along the length of a thick fibrous stalk.

- Rich in many valuable nutrients: vitamin C, vitamin K, folate, vitamin B6, potassium, and fiber
- Available fresh year round, but best in early spring and fall
- Enjoy shredded in a salad, roasted in the oven, or sautéed in a stir fry



Coconut oil: What you need to know!

Coconut oil is made by pressing the fat from the white “meat” inside the giant nut. Most of its calories come from saturated fat. Coconut oil’s saturated fat is plant-based and made up of mostly medium-chain triglycerides (MCTs). MCTs are easily digested, making them a quick source of energy.

Health Benefits of Coconut Oil:

- May increase HDL, “good” cholesterol, but may also increase “bad” LDL, cholesterol
- Contains lauric acid, which may help to fight bacteria, viruses, and fungi in the body
- Bonus: Coconut oil is a great moisturizer!

Bottom line: Coconut oil has been shown to have some health benefits and can be added to your diet in small amounts. It’s important to incorporate a variety of healthy fats, such as olive oil, nuts, and avocados.

For optimal flavor and health benefits purchase virgin or unrefined coconut oil!

Yield: 4 servings, 1 cup each

Ingredients:

- 1lb bag or 4 cups of Brussels sprouts, washed, trimmed, and halved
- 2 tbsp. olive oil or unrefined coconut oil
- ½ tsp salt
- ½ tsp ground pepper

BONUS RECIPE

Easy Roasted Brussels Sprouts

Directions:

Preheat oven to 425°. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large bowl. Stir well. Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 30 to 45 minutes, shaking pan every 10 minutes for even browning. Adjust seasoning with salt and pepper to your liking.

Nutrition Information: Calories: 98 • Total fat: 7 g (Saturated fat: 1 g, Monounsaturated fat: 5 g, Trans fat: 0 g) • Cholesterol: 0 mg • Sodium: 307 mg • Carbohydrate 8 g • (Fiber: 3 g, Sugars: 2 g) • Protein: 2 g

